



# SILVER SNEAKERS CARDIO & STRENGTH

Join SilverSneakers® and the Parks and Recreation Department as we collaborate to bring in a new innovating form of exercise for active adults 50+.

The SilverSneakers FLEX program is a great way to meet friends and get in shape.

This fitness class combines a variety of exercises to help increase cardio endurance while strengthening muscles. The class will begin with a warm-up and offer modifications for every level and end with a cool down.



**TUESDAYS & FRIDAYS**  
**January 4 - February 25**  
**9:00 - 10:00am**



## COME TO CLASS PREPARED!

- Wear comfortable athletic shoes
- Wear loose fitting clothes
- Bring a Towel
- Don't forget your water bottle

Program will take place at the  
Surfside Community Center  
9301 Collins Avenue

## **FEES:**

SILVERSNEAKERS MEMBER: FREE  
NON MEMBERS: \$5.00 PER CLASS

**\* PAID DIRECTLY TO INSTRUCTOR IN CASH OR CHECK.**

SilverSneakers members receive their membership through their healthcare plan .

The participants that are interested in becoming SilverSneakers members will need to call the member eligibility line at 1 (888) 423-4632 for more information.

